HOW TO SPRINT FASTER IN 2 WEEKS

14 DAYS TO RUN THE FASTEST YOU'VE EVER BEEN

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Welcome to the Sprint Faster Guide.

My name is Jason Rotger — a full-time sports performance coach and collegiate sprint coach dedicated to helping athletes become faster, more explosive, and reach their true potential.

In my first three years of college track, I couldn't break 11.8 in the 100m (in the decathlon). I started to believe that was my ceiling.

I was wrong.

The next year, I discovered max speed training and in just 8 weeks, I dropped my 100m from 11.8 to 11.4. That moment changed everything. It's what got me obsessed with helping other athletes do the same.

Since then, I've coached hundreds of athletes and written thousands of sprint-based workouts, all built on my Master's in Exercise Science, personal experience, and testing on my athletes.

And here's what I've learned:
Most athletes never come close to their true potential, not because of genetics, but because they never train with enough consistency or system long enough to get there.

No matter your age, level, or sport: if you want to run faster, jump higher, lift heavier, and chase PRs... you're in the right place.

My goal is simple: give you the tools to move better, recover smarter, and perform at your highest level.
All you have to do is show up and do the work.

Let's be athletic,
Coach Jason Rotger

WHAT YOU GET OUT OF THIS GUIDE:

This guide gives you everything you need to start improving your speed right away.

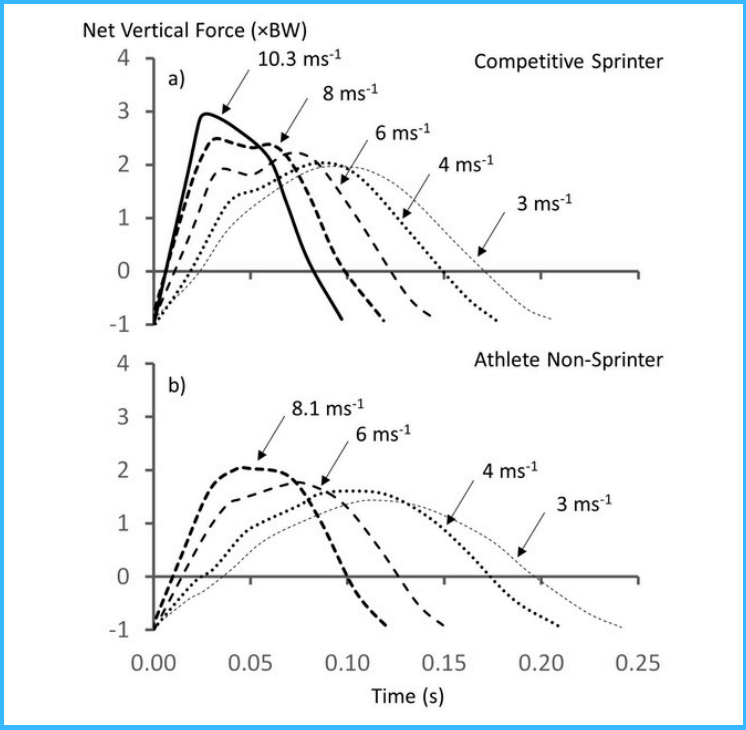
Inside, you'll learn how to build the key pieces that actually make a difference in your speed:

- Mechanics: specific drills to improve your technique and prep you for sprinting
- Warm-ups: designed for athletes so you can sprint, jump, and change direction to the best of your ability
- Sprint Training Guidelines: to help you understand why 6x200 is not a sprint workout
- Strength training: this is a supplement to speed work, I will show you how and when to use it to improve your speed
- BONUS: **2-week sprint training program**

You'll also get:

- Nutrition tips to support your performance and recovery
- Injury prevention strategies (Hamstrings)

THERE'S ONLY 4 WAYS TO SPRINT FASTER



1. Impulse (force × time) is everything

- Speed comes from how much force you apply within the short ground contact window
- If strength was all you need, powerlifters would make the greatest sprinters
- This is the real KPI behind sprint performance

2. Ground contact time is the limiter

- As speed increases, contact time decreases
- At max speed, you have ~0.08–0.10 seconds on the ground
- You don't have time to "build" force

3. Most training is misdirected (power vs impulse problem)

- The industry overemphasizes:
- "Power"
- Fancy drills
- But misses: High force + short time application
- Using the F–V curve to improve sprint speed is often misapplied.

4. Stride length is an OUTPUT of force, not a skill you try to force

- More force → more projection → longer stride
- Less force → shorter stride
- It's the result of outputs, not something you try and do

1. Impulse (Force × Time) is the Key Determinant of Sprint Speed

Impulse=Force×Time

In sprinting, the primary factor that determines how much an athlete's velocity changes with each step is impulse, the time of the force applied to the ground, and the time over which that force is applied.

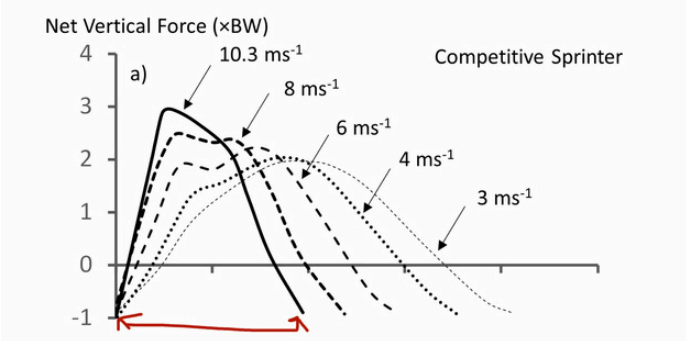
What this means biomechanically:

When the foot contacts the ground:

- The athlete applies force into the surface
- That force generates a change in momentum (and therefore velocity)
- This interaction only occurs during ground contact time
    - (usually first 0.05 seconds spent on the ground)

At higher speeds:

- Ground contact time becomes extremely short (~0.08–0.12 seconds at max velocity)
- The window to apply force is severely limited



The red line is impulse, the faster your run, the shorter the time to produce force and higher force requirements are needed

2. Ground contact time is the limiter

Why force alone is not enough

An athlete may be capable of producing high force in slower movements (e.g., heavy squats), which take 2-3 seconds to reach max force outputs, but:

- If that force requires too much time to develop, it cannot be fully expressed during the sprint ground contact
- This is why maximal strength does not automatically translate to sprint speed.

Why time alone is not enough

Similarly, an athlete may have:

- Quick contacts
- High step frequency

But if the force applied during that short contact is low:

- The resulting impulse is insufficient
- Velocity does not increase effectively

Faster sprinters are distinguished by their ability to:

- Maintain high force output
- While operating within shorter contact times

This allows them to:

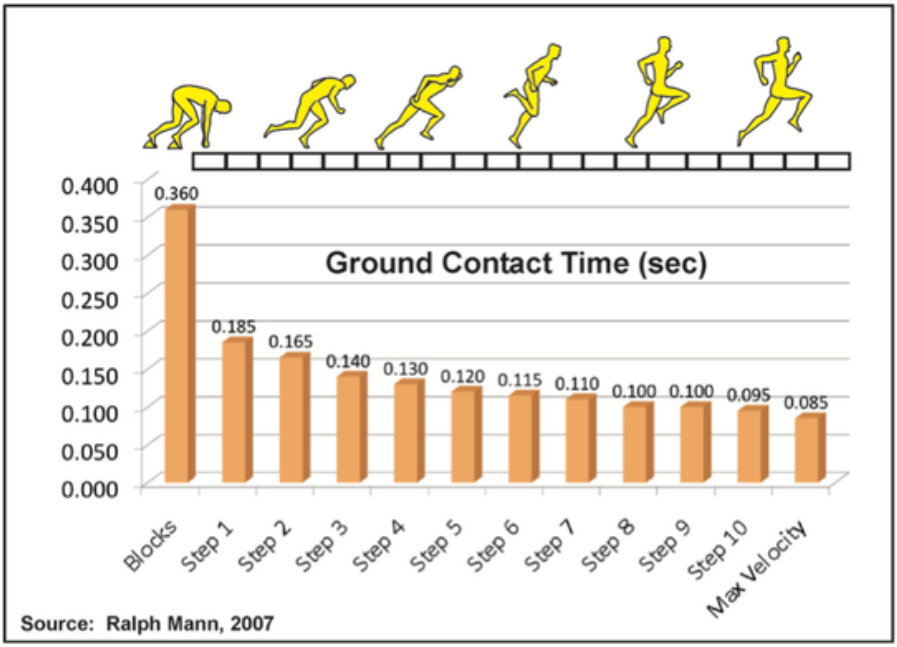
- Minimize braking forces
- Maximize propulsive impulse
- Sustain higher velocities

From a training perspective, improving sprint speed requires:

- Increasing the magnitude of force that can be applied to the ground
- Improving the rate at which that force is developed

This is often referred to as:

- Rate of Force Development (RFD) And in sprinting, RFD must occur within extremely short time constraints.



So how do we improve it?

- Sprint 2–3x per week: If you want to get faster, you need regular exposure to actual sprinting—it's non-negotiable.
- Single-leg hops: High eccentric braking and force demands on one limb, plus the speed required to swing the leg forward and stick the landing.
- Bounds (distance or speed): Develop stride length as an outcome of force — more force into the ground = greater displacement per step.

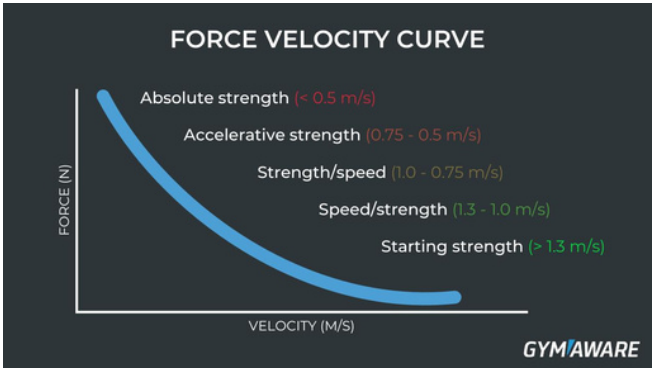
3. Most training is misdirected (power vs impulse problem)

- Power is not the primary limiter of sprint speed: impulse is
- This is why a high standing vert or broad jump does not always mean great top speed

Power=Force×Velocity

In training, this shows up as:
- Olympic lifts
- Jump variations
- "Explosive" exercises
- Chasing high movement speeds

These methods aim to improve how quickly force is produced across a range of velocities



The problem:

- The F-V curve may seem like fast movements, but 2.0m/s(snatch or jump squats) is still so far away from sprinting at 8-10m/s

- The TPV(time to peak velocity) is also around 0.2-0.3 for the "fast lifts" which is still double what you use in a sprint
  - Olympic lifts/ballistics give you 200-400 milliseconds
  - Sprinting gives you ~80–100 milliseconds

What actually matters for sprinting:

Impulse=Force×Time

Sprint performance comes down to:

- High force in the right directions
- Applied in very short ground contact times

This is driven by:

- Impulse
- Rate of Force Development (RFD)

Are you starting to see a recurring theme here?

Why most training is misdirected

Focusing on:

- General explosiveness
- Fast movements with low force
- Drills that look quick (ex. banded high knee runs)

This may Improve coordination, movement quality but not necessarily Sprint speed due to lack of SAID(specific adaptation to imposed demands)

Practical implication:

- Use the gym to create larger force capabilities and create mass-specific force(relative strength)
- Use sprints/ plyos to produce large forces quickly under sprint-specific time constraints

This includes:
Max velocity sprinting
High-intensity plyometrics

4.Stride length is an OUTPUT of force, not a skill

- More force → more projection → longer stride
- Less force → shorter stride
- It'sthe result of outputs, not something you try and do

What determines stride length

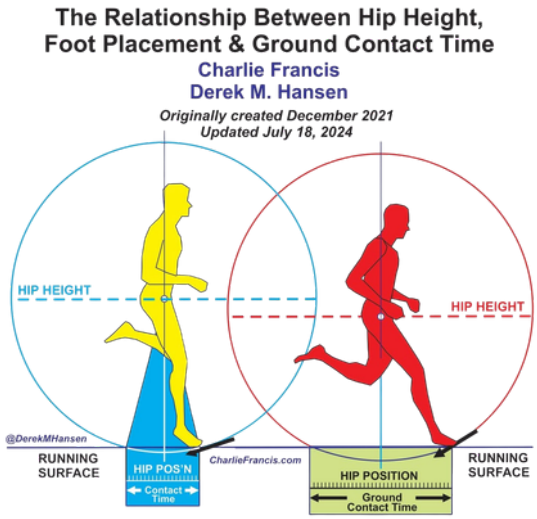
Stride length is primarily driven by:

- The magnitude of force applied into the ground
- The direction of that force
- The resulting projection of the center of mass

Why you shouldn't "try" to lengthen your stride

When athletes attempt to increase stride length directly, they often:

- Reach forward with the foot (overstriding)
- Increase braking forces on contact
- Spend more time on the ground
- Reduce overall velocity



How stride length actually improves:

Stride length increases naturally when an athlete:

- Produces higher forces into the ground
- Applies force efficiently (down and back)
- Minimizes braking on contact

As these qualities improve:

- The body travels farther with each step
- Without any conscious effort to “lengthen” the stride

Practical implication:

Coaching should not emphasize:

- “Take longer strides”
- “Reach out further”

Instead, focus on:

- Increasing force production
- Improving rate of force development
- Sprinting at high velocities

HOW TO USE THIS PROGRAM

Start with the Warm-Up Every Day
Each workout begins with a specific warm-up.
This is a recommendation. If you have a warm-up you enjoy, you are more than welcome to do that instead. However, the warm-up IS a part of the workout.

Push With Intent, Not Ego
This isn't about doing as much as possible. To improve sprint speed, we want high quality, not high quantity.

Sprint fast. Jump high. Lift with good technique.
Quality > Quantity.

Don't Skip Recovery Tips
One of the last pages has recovery tips. Apply these if you want to get the most out of the program.

Track Your Progress
You'll start feeling and moving differently within the 2 weeks. Write down your sprint times, jumps, or how each workout felt, so you can see the improvements.

When You're Done... Keep Going
If you feel faster, stronger, or more confident, that's good! Sprint training should be done year-round, keep working hard.

WANT TO GUARANTEE RESULTS ?

If you want faster results without guessing your way through training or technique, click here, and I will help you personally!

SPRINT TRAINING PHASES:

Sprint Phases

Acceleration: 0-30m

- Volume: 150-300m total
- Example session:
  - 3x10, 20, 30m
  - 1, 2, 3min rest

Max Speed: 30-60m

- Volume: 200-400m total
- Example session:
  - 3x10m fly, 30m build
  - 2x SFS(sprint float sprint) 20-10-20m
  - 4-6min rest

Speed Endurance: 60-120m

- Volume: 300-600m
- Example session:
  - 70, 80, 90m @ 95% +
  - 8min rest between

Recommendations:

- Early off-season start with 4-6 weeks of acceleration work to get used to sprinting again
- The goal of pre-season is to improve max speed as much as possible
- Speed endurance is used sparingly if you have trouble maintaining speed down the runway, or to get more exposure at performing upright sprinting
- Train max speed once a week, more is not better. Quality over quantity for that specific quality

STRENGTH TRAINING:

Weight Room Categories

Hypertrophy: 6-15 reps per set @ 60-80%

- Volume: 2-4 sets per muscle group per week
- Example session:
  - 1a Back Squat: 3x12 @ 65%
  - 1b Hamstring Curl: 3x15
  - 2a Bench Press: 3x8 3sec lower phase(eccentric)
  - 2b Pullup: 3x12 (use bands if needed
  - 3a Walking Lunge: 2x6e
  - 3b DB SP: 2x12
  - 3c Hanging Leg Raise: 3x15

Max Strength: 1-5 reps at 75% +

- Volume: 10-20 reps per workout
- Example session:
  - Back Squat: 5x3 @ 80%
  - Bench Press: 4x3 @ 85 %
  - Pullup: 3x5 weighted if able

Power: 1-4 reps at 65 % +

- Volume: 12-24 reps per workout
- Example session:
  - Power Clean: 4x2 @ 75%
  - 1a Fast Trap Bar: 3x3 @ 70%
  - 1b Seated Box Jump: 3x3
  - MB Throw: 4x3 Underhand toss for distance
  - MB Squat Chest pass: 3x4 for height

Recommendations:

- Off-season goals start with higher rep ranges to improve muscle density, tendon/connective tissue health
- Raise max strength for 2-3 months
- Rest of the year is chasing power/speed. Occasionally touching on max strength to maintain

SPRINT + JUMP SPECIFIC WARM-UP:

Before every training session, do the following warm-up:

Blood Flow
100m skip
25m bwd skip
25m side skip
25m jog w/ knee grab
25m jog w/ crosskick
25m serpentine(zig zag)
25m bwd serpentine
25m side shuffle reverse
25m jog w/ cut
25m jog w/ squat

Basic Flexibility
Bodyweight Squats – 10x
Forward Lunges – 8x each leg
RDL (bodyweight) – 10x
Side Lunge – 6x each way
Single-Leg RDL – 6x each leg
Lateral Raise (band or BW) – 12x each leg

Track Drills

2x10m A March
2x15m Ankle Run
2x20m A skip
2x20m High Knee Run
2x30m Straight leg bound
2x30m High Feet run

Acceleration Sprints: All between 80-90% speed
1x10m
1x20m
1x30m

2-WEEK High-Low Speed PLAN:

MONDAY - Accel	WEEK 1	WEEK 2
Extensive Plyos	2x10m each Fwd Pogos Bwd Pogos S/L Hops (1x10m each leg) 2x20m Easy Bounds for Distance	2x10m each Fwd Pogos Bwd Pogos S/L Hops (1x10m each leg) 3x20m Easy Bounds for Distance
Sprints	A. 4x10m (sled+50% BW) rest 30 seconds 4x15m (no sled) rest 2-3 minutes B. 4x15m (sled+30% BW) rest 30 seconds 4x15m (no sled) rest 2-3 minutes	A. 4x10m (sled+55% BW) rest 30 seconds 4x15m (no sled) rest 2-3 minutes B. 4x15m (sled+35% BW) rest 45 seconds 4x15m (no sled)rest 2-3 minutes"
MB Throws	3x5 - 4-6lb for girls - 6-10lb for guys MB Underhand Toss for Height	3x5 - 4-6lb for girls - 6-10lb for guys MB Underhand Toss for Height
WEIGHTS		
Clean High Pull	5x4 @ 60%	5x4 @ 65%
Pause Back Squat	Build to a 5 rep @ RPE 7 1" pause	Build to a 5 rep @ RPE 8 1" pause
Bench Press	3x12 @ RPE 7	3x12 @ RPE 8
RDL	3x10 @ RPE 6 1" pause at the bottom of the stretch	3x10 @ RPE 7 1" pause at the bottom of the stretch

TUESDAY	WEEK 1	WEEK 2
Easy Running (60-70% effort) Ex. 100m PR is 12" 12 / 0.6 = 20" 12 / 0.7 = 17" 100m range is 17-20" reps	2sets 3x100m 2min rest between reps 3min rest between sets	2sets 4x100m 2min rest between reps 3min rest between sets
Core Circuit	Pillar 20" on 40" off V up Crunch w/ twist Superman Leg toss Flutter kick SL glute bridge L over Side hip tap Back hyper twist Bicycle crunches L up-butt up Hamstring bridge In n out Toe touch	Pillar 30" on 30" off V up Crunch w/ twist Superman Leg toss Flutter kick SL glute bridge L over Side hip tap Back hyper twist Bicycle crunches L up-butt up Hamstring bridge In n out Toe touch
Hurdle Mobility	2x6 hurdles Walkover(L&R) Around the world Over under(L&R) Static dynamic Skip over A pause	2x8 hurdles Walkover(L&R) Around the world Over under(L&R) Static dynamic Skip over A pause
WEDNESDAY - Max Speed	**WEEK 1**	**WEEK 2**
Extensive Plyos	2x10m each Fwd Pogos L&R Pogos S/L zig zag Hops (1x10m each leg)	2x15m each Fwd Pogos L&R Pogos S/L zig zag Hops (1x10m each leg)
Skips for height	3x30m	4x30m
Wicket sprints	6x30m - 10m build	6x30m - 10m build - wickets 3" further
Hurdle hops w/ iso	3x5 2" pause in ½ squat at landing	4x5 2" pause in ½ squat at landing
THURSDAY	**WEEK 1**	**WEEK 2**
Day Off	Rest Day	Rest Day

FRIDAY - Accel + weights	WEEK 1	WEEK 2
Plyos	3x Standing Broad Jump 3x Triple Broad Jump 3x Standing Triple Jump 3x RRLL(or LLRR) - submax effort	3x Standing LJ 3x Triple broad LJ 3x STJ 3x RRLL(or LLRR) - submax effort
Hill Sprints	3x 10m 15m 20m 1-2min rest between reps 3min rest between sets	4x 10m 15m 20m 1-2min rest between reps 3min rest between sets
WEIGHTS		
Hang Clean High Pull	5x3 @ 65%	5x2 @ 70%
Front Squat	build to a 6rm 7RPE drop 15% and 2x6	build to a 6rm 8RPE drop 15% and 2x6
Pull ups	3x10	3x12
1a Hamstring curl 2 up 1 down	2x6e	3x5e
1b copenhagen plank hold	2x20" each side	3x20" each side
Calf Raise: (standing DB loaded) **A. Ext Rotated** **B. Internal Rotated** **C. Neutral**	 1x15 1x15 1x15	 1x15 1x15 1x15
SATURDAY	**WEEK 1**	**WEEK 2**
Easy Running (60-70% effort) Ex. 100m PR is 12" 12 / 0.6 = 20" 12 / 0.7 = 17" 100m range is 17-20" reps	8 minute EMOM 15" on 45" off	8 minute EMOM 20" on 40" off
General Strength Circuit	Cammie - 20" on 20" off Prisoner squat Pushup jump in Russian twist Lateral lunge shuffle Rev. Plank march Toe touches Alt. Lunge jumps T pushups Back hyper Cossack squat L over Burpee	Cammie - 25" on 20" off Prisoner squat Pushup jump in Russian twist Lateral lunge shuffle Rev. Plank march Toe touches Alt. Lunge jumps T pushups Back hyper Cossack squat L over Burpee
90/ 90 switches	accumulate 20 switches each side	accumulate 20 switches each side

FUELING & RECOVERY

Your training is only as good as your recovery. Speed, strength, and power are built when you eat right, sleep well, and stay consistent.

Here's how to recover like an elite athlete:

HYDRATION

- Start your day with 8-12 oz of water + electrolytes
- Sip water + electrolytes throughout training, don't wait until you're thirsty
- Try to keep a 1:1 ratio of sodium:potassium

NUTRITION BASICS

- Carbs are your fuel source: Aim for 3-5 x BW in KG per day
- Protein helps you gain/preserve lean muscle: aim for 1.8-2.2 x BW in KG
- Fats: 0.8 x Kg is the minimum. Try to stay 0.8 - 1.2 x BW in KG to fill in the rest of your calories

SLEEP = Natural PED

- Aim for 8–9 hours of sleep every night
- Avoid scrolling late at night
- No sleep = slower sprints, weaker lifts, and more soreness
    - Sleep Hack: read a nonscreen book for 10-15min, you'll fall asleep fast!

PRE-WORKOUT MEAL OPTIONS:
(60 MIN BEFORE TRAINING)

MEAL OPTION:	WHAT TO EAT:
Turkey Sandwich + Fruit	2 slices whole grain bread, 4 oz turkey, 1 apple or banana
Greek Yogurt + Granola + Berries	¾ cup Greek yogurt, ⅓ cup granola, ½ cup berries
Smoothie	1 scoop whey, 1 banana, ½ cup oats, milk
Eggs + Toast + Jam	2 eggs, 2 slices toast with jam or honey
Protein Oats	½ cup oats, 1 scoop whey, topped with banana or honey
Protein Bar + 100% Juice	~20g protein bar, 12 oz orange or grape juice

POST-WORKOUT MEAL OPTIONS
(30-60 MIN AFTER TRAINING)

MEAL OPTION:	WHAT TO EAT:
Protein Shake + Banana + Rice Cakes	1 scoop whey, 1 banana, 2 rice cakes
Chicken + Rice	4–6 oz chicken, 1 cup cooked white rice
Steak + Mashed Potatoes	5 oz lean steak, 1 cup mashed potatoes
Greek Yogurt + Granola + Fruit	¾ cup Greek yogurt, ⅓ cup granola, ½ cup berries or banana
Egg & Cheese Sandwich + Fruit	2 eggs, 1 slice cheese, 2 slices bread, 1 apple
Oatmeal + Protein Powder + Honey	½ cup oats, 1 scoop whey, 1 tbsp honey
Chocolate Milk + PBJ Sandwich	12–16 oz low-fat chocolate milk, PBJ on whole grain bread

FAQ

How Many Days a Week Should I Train?

4 days a week is the *sweet spot.*
You'll still see progress training just 2 days a week — and you can train up to 6, if your recovery is on point.

What Equipment Do I Need?

You can complete this entire program with:

- Bodyweight (if only sprinting)
- Dumbbells or a barbell (optional, but helpful)
- Open space — turf, gym, field, or even your garage
- Bonus: A medicine ball or resistance band

Are Warm-Ups Mandatory?

Yes — every workout starts with a dynamic warm-up. Don't skip it.
It primes your nervous system, increases performance, and reduces your risk of injury.

What Should I Do for Recovery?

Sleep: Aim for 8–9 hours per night
Hydration: Drink water before, during, and after training. Your pee should be light yellow
Fuel: Eat real food. Stick to whole sources:

- If it grows from the earth or had a heartbeat, it's usually good
- If it comes from a factory and has ingredients you can't pronounce, probably not the best

What If I Can't Train 4 Days a Week?

No problem.
Just follow the workouts in order. If you train 2 days per week, the 8 workouts will take you 4 weeks to complete.
Remember: The better you recover, the harder you can train and the faster you'll improve.

WHAT'S NEXT?

Here are 3 ways to apply it what you've learned and actually start seeing results

BUILD-YOUR-OWN SPEED SESSION $7
A simple system to create 1,875 different speed workouts in seconds, customized for your goals.

MAX SPEED (12-Week Program) ONLY $39
A complete, proven plan to help you run faster, jump higher, and stop plateauing.

ONLINE SPEED TRAINING GROUP $19/month
Get weekly speed training, direct access to me, and a group of athletes all pushing to become 1% better.

What my athletes had to say about it :

I've been following this training guide, im feeling much faster, my starts have gotten faster and im running of my toes more, haven't timed my 40 yet bit can't wait to, thank so much!

Yes. It was meant to be. I had been studying speed training for a couple years but had no idea how to do it structurally which I knew was crucial to do it properly, and I'm a structure guy so I never started. When you came across my feed there was just something immediately that sparked to reach out. I liked your wavelength, felt like it matched mine which is why I say it was meant to be.

I'm so happy with your training. I feel 25 athletically. I always had a lot of athletic potential that I took for granted so I never put much effort into my tennis and still had success, but I regret not pushing to see how good I could have been. Ultimately I couldn't live with myself not knowing where my ceiling is, even if that means finding out in my 40s.

BUILD-YOUR-OWN SPEED SESSION:

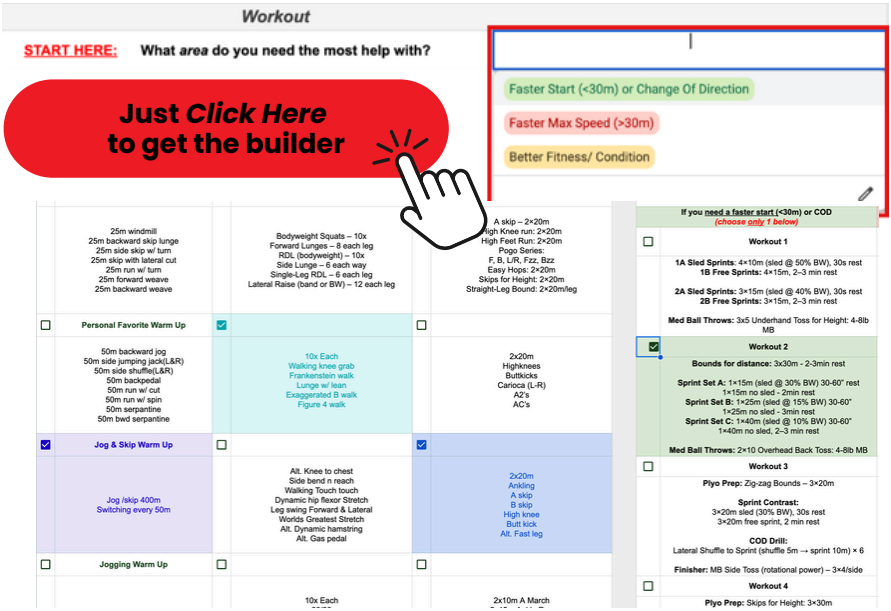
I've created a *"Chipotle style"*
BUILD YOUR OWN SPEED SESSION

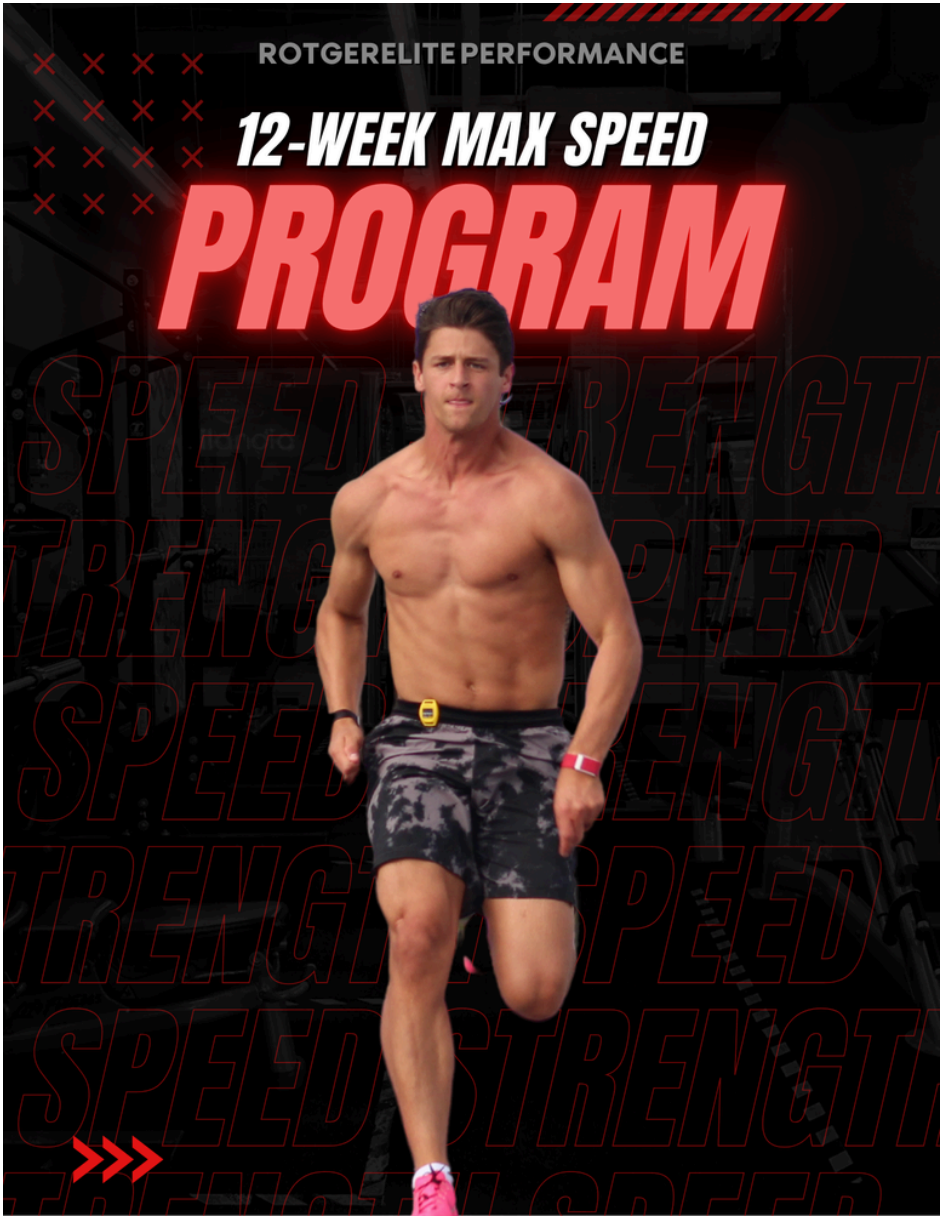
WHO THIS IF FOR:
Any athlete trying to improve their athletic capacity (In season, preseason - it works year round)

I did the math. This build-your-own session gives you **1,875 different workout combinations** (It's not a sales gimmick, do the math yourself).

2 STEPS, YOU CHOOSE:
1. Warm-up for specific goal
2. Training focus: (acceleration, max speed, or work capacity.)

WHY YOU SHOULD USE IT:
- freedom of new training methods without the commitment of purchasing a plan





12 Weeks to a faster max speed^

***click here to* sprint faster!**

ONLINE TRAINING GROUP

Any athlete trying to get faster and more explosive (In-season, off-season—it works year-round)

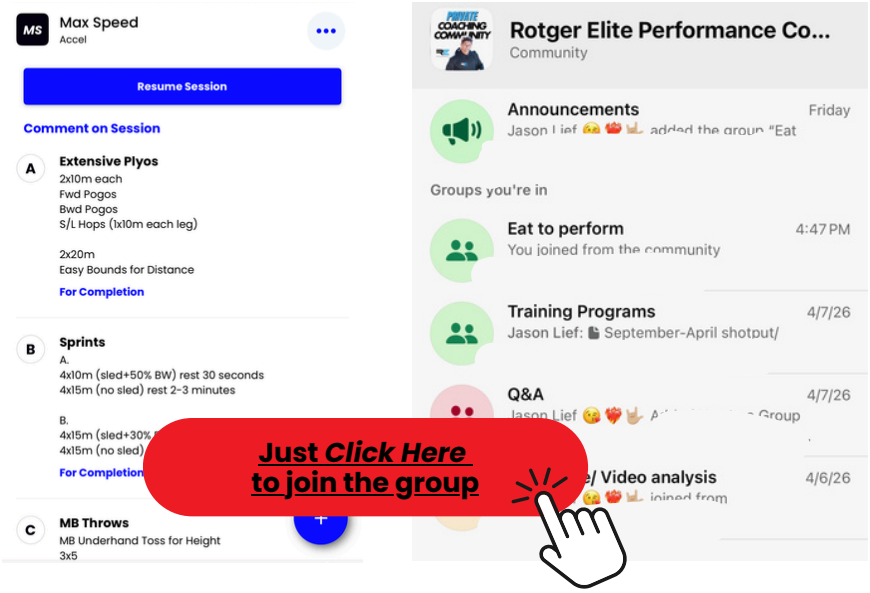
How it works:

Every week, you get:

1. Done-for-you speed workouts (no guessing)
2. Direct access to me for questions + technique feedback
3. A community of athletes all working toward the same goal

Why you should join:

- Stop guessing what to do for speed
- Get real coaching without paying $400+/month
- Stay consistent with structure + accountability
- Train the same way I train my athletes



ROTGER ELITE PERFORMANCE